



August 2014

BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

HEALTH PROMOTION



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U.S. NAVAL HOSPITAL YOKOSUKA

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HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotion
HP@med.navy.mil

Fitness Theory 101 is a comprehensive 10 week program featuring workout sessions that introduce multiple angles of fitness including but not limited to: cardio, strength building, TRX and time with a Navy fitness personal trainer.

This workout also provides you with the tools to enhance your workout and stay in shape so that you may lead a healthy and balanced life. All are welcome and encouraged to participate in all sessions or feel free to join at any time.

Sign up today and let our motivated Health Promotion staff help you achieve your fitness goals!

Start Date: 15 August 2014

Registration Deadline: Aug 13

Class Time: 1500-1600

Location: Check in at Fleet Recreation Center Room 323 (Wellness Center) HP office for location each week.



USNH Yokosuka Health Promotion Staff, HM3 Fisher, helps Sailor hone his workout technique. Photo by Tim Jensen

Contact us to sign up or for more details:
Call 243-9776 or email us at HP@med.navy.mil

Attend one or all sessions. Join in any time.

Open to ALL HANDS and all ages! Free of charge! Navy PT gear not required. If participant under 18 years of age, parent or guardian signature is required on consent form prior to start date. Contact HP for consent form.



Your Fountain of Youth

Exercise and Healthy Eating Are the Fountain of Youth

By: Melissa Perkins, NASM Certified Personal Trainer/NSCA Certified



No one likes getting old. Let's face it, things start to ache, sag and break down. I've found that regular exercise and making healthy eating choices have staved off many of the signs of aging -along with using sunscreen and never smoking! I believe in living an active lifestyle that includes more than just working out at the gym. I love skiing, cycling, hiking and more. At 42, I feel like I am still 30 and can keep up with the 20-somethings.

If you are one of those 20-somethings, start now making smart nutrition choices and working out regularly, doing cardio and strength training. And, if you aren't anywhere near 20 anymore, it's never too late to start an exercise program and better eating plan that will still reap you big health and anti-aging benefits. If the gym isn't for you, find a sport or an activity that you enjoy. Add in plenty of sleep, 7-8 hours a night, to allow your body to recover between workouts and you will see a big difference.



Here's a workout that can challenge people at any age that requires no equipment:

Start with 1. Push-ups, followed by 2. Squats; 3. Mountain Climbers; 4. Superman's; 5. Jumping Jacks; 6. Reverse Lunges per leg; and 7. Plank hold.

Do each exercise for 30 seconds (advanced exercisers can increase the time). Move from exercise to exercise as quickly as you can with no rest. After you complete all the exercises in the circuit, rest 1 minute and repeat. Beginners can do 1-2 rounds and more advanced exercisers can do 3-4 rounds.

If you have questions or want to talk about personal training with me, please contact me at mperk28@gmail.com.



Healthy Lunches For Back To School

What's in your lunch bag?

By: Lt. Elaina Ortiz, Registered Dietician-Nutritionist
Department Head, USNH Nutrition Services

Need some ideas for some healthy sides to back for the first day of school?
Try one of these for something healthy and delicious!

- A piece of your favorite fruit
- Veggies (chopped celery, baby carrots, cucumber slices, cherry tomatoes) dip them in hummus or a low calorie dressing
- 1 oz baked chips or 3 cups of light popcorn
- 1 cup of dry whole grain cereal
- Light or Greek yogurt
- Low fat pudding paired with a banana for dipping
- Whole grain crackers with mild salsa

Involve your kids and try packing lunches together!



Cook up this garden stir-fry the night before and pack for lunch to make sure you're getting your vegetables at only 100 calories per serving!

Ingredients

1/2 C. low-sodium chicken broth
 1/2 Tablespoon cornstarch
 1 tsp reduced-sodium wheat-free soy sauce
 1 Tablespoon sesame oil
 2 cloves garlic, minced
 1 tsp freshly grated ginger
 2 C. chopped broccoli
 1 1/4 C. chopped yellow squash
 1 1/4 C. carrots, cut into matchsticks
 1 1/4 C. sugar snap peas
 1 C. sliced onion
 1 C. sliced red bell pepper

Preparation

1. In a medium bowl, whisk together the chicken broth, cornstarch, and soy sauce. Set aside.
2. In a wok or sauté pan over moderately high heat, warm the sesame oil. Add the garlic and ginger and cook for 1 minute. Add the broccoli, squash, carrots, sugar snap peas, onion, and bell pepper and cook until tender, 7-10 minutes. Add the soy sauce mixture, reduce the heat to moderate, and continue cooking until the sauce is thickened.

See more recipes from America's Junior Chefs at:
<http://www.choosemyplate.gov/kids/Recipes.html>



National Immunization Awareness Month

National Immunization Awareness Month

By: Emiko Stearns,
USNH Immunizations Clinic Nurse



August is National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the lifespan, from infants to the elderly. August is an ideal time to make sure everyone is up-to-date on vaccines before heading back to school and to plan ahead to receive flu vaccine.

Preparing for school means gathering supplies and back packs. It's also the perfect time to make sure children are up to date on their vaccines. Getting all of the recommended vaccines is one of the most important things parents can do to protect their children's health.

When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their classroom and community – including babies who are too young to be fully vaccinated, and people with weakened immune systems due to cancer and other health conditions. Schools are highly susceptible to outbreaks of infectious diseases because students can easily transmit illnesses to one another by uncovered coughs and the dense populations.

At age 4 to 6, kids are due for boosters of four vaccines: DTaP, chickenpox, MMR, and polio. Starting at 11 Tdap, meningococcal conjugate vaccine, and HPV vaccines are necessary. A yearly flu vaccine is recommended for all children 6 months and older. Check out <http://www.guardyourhealth.com/health-tools/>, for immunization calculator and other helpful health tools, courtesy of the Guard Your Health resource.

Bringing your child's outpatient medical records and shot cards to USNH Immunization Clinic is the first step in checking whether your child's shots are up-to-date with all the recommended vaccines. No appointment is necessary. For more information contact USNH Immunization Clinic. Hours are M-F 7:30 - 16:30. Or call 243-9840/046-816-9840.





Well Child Visits

Keeping your child healthy means taking them to the doctor for their checkup.

This is the time for preventative care that will usually include a physical, behavioral and developmental check.

If your child will be any of the following ages, please schedule an appointment for their well child visit.

At birth: Physical exam and immunizations

1-3 days: Physical exam

2 weeks: Physical exam

2 months: Physical exam and immunizations

4 months: Physical exam and immunizations

6 months: Physical exam and immunizations

9 months: Physical exam

12 months: Physical exam and immunizations

15 months: Physical exam

18 months: Physical exam and immunizations

2 years/3 years: Physical exam

4 years/5 years: Physical exam and kindergarten immunizations

11-12 years/14-15 years: Physical exam and immunizations

Children ages 2-6 years should have a physical exam annually.

Children ages 6-18 years should have a physical exam at least for 6th and 9th grade, or even every one to two years if desired or concerns.

Influenza vaccines are highly recommended each winter for all healthy children ages 6 months and older.

Please call USNH Yokosuka Central Appointment at 243-5352.

For more information, please contact Family Medicine at 243-8721, Pediatrics at 243-5505 or Immunizations at 243-9840.





Spotlight On Health Careers

A Day In The Pharmacy

By: Hospital Corpsman 1st Class Annaliza Nilo

Pharmacy Technician, U.S. Naval Hospital Yokosuka

At U.S. Naval Hospital Yokosuka's Pharmacy we focus on a variety of medication throughout the day. All pharmacy technicians are highly trained to prepare and dispense medications for safe use.

Pharmacy staff ensure inpatient and outpatient areas are clean and stocked with medication to fill doctor's orders, and prepare intravenous and compound medication. It is vital for staff to check doses, name of medication, potential drug interactions, name of patients, expiration dates and allergies as part of the fill process and check verification process to avoid medication errors.

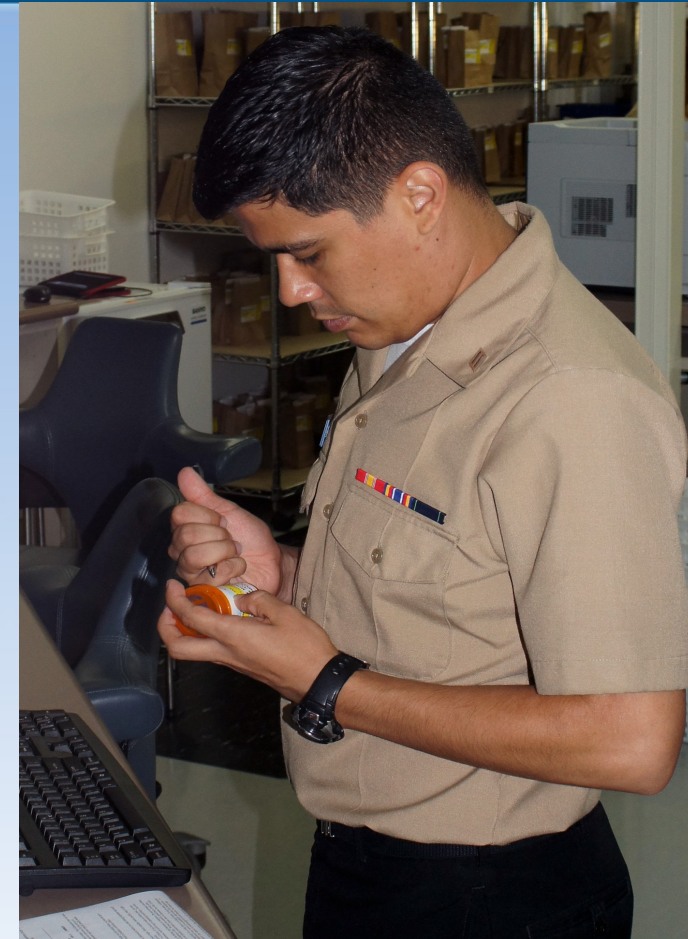
Our number one goal is to ensure medication safety and provide medication for beneficiaries.



Pharmacy hours are:
M-F at 0800-1800;
Sat at 0800-1130 and closed
on Sunday & Holidays.

For refills call:
243-4689
Refills will be ready the
following business day.

Hospital Corpsman Mhae Ann Calud explains a patient's medication to him during an outpatient medication refill.
Photo by Mass Communication Specialist 3rd Class Declan Barnes



Hospital Corpsman Carlos Morenosalcido verifies medication, direction and quantities prior to Pharmacist review.



Spotlight On Health Careers

Registered Dietician Nutritionists

By: Lt. Pamela Cole, MS, RDN, CSSD,
U.S. Naval Hospital Yokosuka

Registered Dietitian Nutritionists (RDNs) are healthcare professionals who work in a variety of fields including inpatient and outpatient hospitals and clinics, wellness centers, schools, private practice and corporations. Some RDNs focus on direct patient care while others work in food service management and in areas of public health policy.

The minimum requirements to become a dietitian include a Bachelor's degree and the completion of a 12 month full time internship accredited through the National Academy of Dietetics.

Once dietitian candidates complete these requirements they must then pass a national exam for full certification as a RD.

Please contact LT Pamela Cole or LT Elaina Ortiz in the USNH Nutrition Department at 243-7128 for more information on pursuing a career in dietetics.





What's New With Flu?

Nasal Spray Flu vaccine vs. Flu Shot

By: Lt. Cmdr. Te'Shara E. Felder, Preventive Medicine, U.S. Naval Hospital Yokosuka



Getting a flu vaccination is still the most effective way to prevent serious illness from the flu.

For millions of people each year, the flu can cause miserable days spent in bed. However, also realize that more than 200,000 people are estimated to end up in the hospital from flu complications each year in the United States.

Everyone 6 months and older should get a yearly flu vaccination. But, does it matter which flu vaccination you get: Nasal Spray or Shot?

The nasal spray influenza vaccine, a.k.a. Flumist, is a live attenuated, or weakened, influenza vaccine, recommended for healthy persons between the ages of 2-49 years old. The Flu shot is inactivated, or “killed”, influenza vaccine, available in varying formulations for ages 6mos and older. Neither the flu shot nor the nasal spray vaccine can give you the flu. Flu vaccines are made each year to protect against the flu viruses that worldwide surveillance indicates are the most likely to cause widespread illness during the upcoming season.

New this year, the Advisory Committee on Immunization Practices (ACIP) voted to recommend a **preference for using the nasal spray flu vaccine instead of the flu shot in healthy children 2-8 years of age.** Studies suggest the nasal spray flu vaccine provides better protection than the flu shot in this age group. However, if the nasal spray flu vaccine is not available, the flu shot should be given because what's most important is to get vaccinated!

USNH will offer the nasal spray (live, attenuated virus) flu vaccine, for healthy persons ages 2-49 years old, as well as injectable (shot) flu vaccines for those that cannot receive the nasal spray flu vaccine.

For more information visit CDC's website at www.cdc.gov/flu, or contact USNH Preventive Medicine, NHYokosuka-PreventiveMedicine@med.navy.mil, or 234-2610/046-816-2610. Stay tuned for Vaccination Shot Clinic dates!



Health Promotion
HP@med.navy.mil

Health Promotion Services

Health Promotion Programs and Services

Eight week ShipShape Weight Management

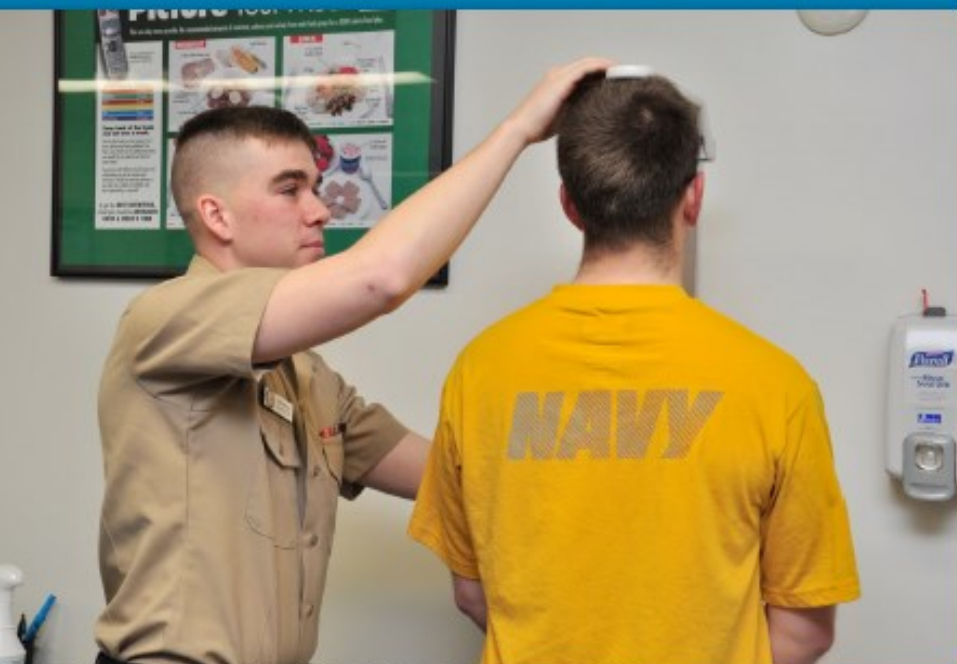
Health Fitness Assessments

Four session Tobacco Cessation Classes

Preventive Health Education/Safety Stand Downs

For more information on any of the services Health Promotion provides, stop by the Health Promotion Office located on the third floor of the Fleet Rec Center in room 323 or call 243-9776 / 046-816-9776.

You can also contact Health Promotion by email at HP@med.navy.mil





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August 2014 Back To School

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV 1300-1400 HFA 1400 & 1430 USS ANTIETAM Health Promotion Outreach	HFA 0800, 0830, 0900, 0930 & 1000		
10	11	12	13	14	15	16
	HFA 0800, 0830, 0900, 0930 & 1000 Sexual Health and Responsibility (SHARP) Training, USNH Auditorium 0800-1600	HFA 0800, 0830, 0900, 0930 & 1000 Sexual Health and Responsibility (SHARP) Training, USNH Auditorium 0800-1600	TOB CESS & PREV 1300-1400 HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 CFAY Suicide Prevention Month Planning Meeting 1100-1300 POC: Angela.Elting.Ctr@fe.navy.mil		
17	18	19	20	21	22	23
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV 1300-1400 HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000		
24	25	26	27	28	29	30/31
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV 1300-1400 HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000		

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430. Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to setup an appointment! ***BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 /
HP@med.navy.mil

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!